

# CHIT CHAT

Sullivan County

## Around the County.....Ed Gil de Rubio\ County Manager

Sullivan County, true to form has been extremely active since the last Chit Chat. The best way to approach all of our projects is to list them in a bullet format:

Volume 10, Issue 2

March 23, 2007

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### Special points of interest:

- Scholarships are available from the Claremont Chamber of Commerce for graduating seniors.
- Next Steps is underway !!!
- Admissions Dept attends Claremont Area Home Show.
- UNH offering signups for 4-H and mentorship programs

- **New Policy approved by Board 3/20/07** - Telecommunication Policy XXXV. "Sullivan County prohibits the use of cell phones, text messages, pagers, cameras or any other electronic device not issued or authorized by the employer to be used or accessed during working hours. Cell phones may be used only in common areas during the employees regularly schedule breaks and mealtime. The County further prohibits the use of authorized cell phones while operating motor vehicles for County purposes."
- **The Greater Sullivan County All Health Hazards** - Upcoming public forums and table top exercises to be completed before June 30th.
- **The Sullivan County Criminal Justice System/DOC Facility Needs Assessment** - An architectural plan/report was completed by Ricci Greene & Associates and presented to the Commissioners on Feb. 27th. Upcoming meetings to present this report will include the Sullivan County Criminal Justice Coordinating Committee in Newport on April 10th and to the Delegation on April 23rd 10 AM at the Ahern Building.
- **The Meadows at Sullivan County Inc.** - Assisted Care/Senior Living project continues with an upcoming priority deposit campaign.
- **FY 08 Budget Process** - the County Manager's FY08 (Jul 1, 2007 - Jun 30, 2008) Budget was submitted to the Commissioners on 3/19/07. Next step - the Commissioners review with the Executive Finance Committee from April 2 - April 6th.
- **County Government Week** - Created to raise public awareness and the understanding regarding the roles of the nation's counties, National County Government Week (NCGW), which runs this year from **April 22 - April 28**, provides a great opportunity to publicly recognize the many ways counties serve communities. This year's National theme is "**Protecting the Environment**". At the NACO website: [www.naco.org](http://www.naco.org) you will see ideas on how counties nationwide encourage energy-efficient commercial development, use fuel-efficient vehicles, promote energy-efficiency in county buildings, recycling and work to protect the natural environment for their residents. If you have items or ideas to share based on how your department is implementing this year's National theme please let us know! We will be creating a press release to be distributed to reporters from the Eagle Times, Keene Sentinel, Valley News, Argus Champion, the various county municipalities, the New Hampshire Association of Counties and the local media stations.
- A recent meeting of the Newport Complex department heads \ elected officials was held to revisit our fire drill protocol. Well overdue, the Newport departments with the assistance of Greg Chanis, Facilities Director will be submitting a fire drill protocol for their buildings, and conducting drills in May/June.
- **MRF - Materials Recovery Facility/Duel Stream Recycling.** Along with other local officials and representatives from ANTIOCH, Sullivan County has posted a "Request for Qualifications for a comprehensive business study regarding a regional duel stream "Materials Recovery Facility (MRF) program. A regional meeting was held Feb. 27th at the Newport Opera House on this subject that allowed for input from the various municipalities in Sullivan County.



## SULLIVAN COUNTY SHERIFF'S OFFICE



The Sullivan County Sheriff's Office had the honor of assisting the Special Winter Olympics up in Waterville Valley NH this year. Captain O'Sullivan represented the Sullivan County Sheriff's Office during the three day event on March 4th, 5th and 6th. According to Captain O'Sullivan it was a very exciting and moving event and he hopes to be able to represent the Sheriff's Office for years to come.

Also the Sheriff's Office has started to update it's county web sight and hopes to add more information onto the web sight. Please check us out from time to time.

The Sheriff's Office also had the honor to assist in the escort of Specialist Justin Rollins when he returned home from Iraq. Specialist Rollins was killed in action in Iraq on March 5th. Specialist Rollins Family requested that the Sheriff's Office help escort Special Rollins back to Newport from Concord NH when he returned home. Specialist Rollins is the cousin to Melanie O'Sullivan (County Attorneys Office) and Captain O'Sullivan. Shortly the Sheriff's Office OHRV patrols will start again patrolling the trails throughout the County and will assist area police departments in enforcing OHRV rules and laws.

## From the Wellness Team

*Next Steps started  
on March 18th,  
2007!!! Eat those  
fruits and veggies!*

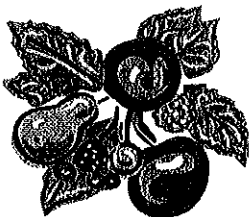
Hello Everyone,

This is a reminder that the Next Steps program has begun. You should start documenting your intake of fruits and vegetables beginning today. This first week you should eat as you normally do to see where your baseline is. The second week is when you should start to increase according to your needs. You will find what the recommended daily intake of fruits and vegetables is for you by finding your age and activity level on the chart provided. This will tell you the number of calories you should be consuming in a day. The next chart shows the number of calories and the amount of fruit and vegetables you should be consuming daily.

If you need help finding this information in the packet provided to you, please let either Sam or me know. I can be reached at the Jail 542-8717 ext 2 or by email [lorik@sullivancountynh.gov](mailto:lorik@sullivancountynh.gov).

We have 43 employees signed up to participate so don't try to do this alone – team up with others at your location. Good luck to you all.

Lori



## Your Invited to a Fashion Show

The public is invited and encouraged to attend the Sullivan County 4-H Fashion show on Friday, April 13 at 7 p.m. at the Claremont Middle School. The theme of the fashion show is "Under the Sea." Boys and girls from 4-H clubs around the county will model outfits they have either sewn or purchased. The show is free!

## News from Admissions/Marketing Department

The Admissions/Marketing Department has been extremely busy recently. On Thursday evening March 15<sup>th</sup>, the Activities and Admissions Departments co-hosted a "Meet and Greet" in honor of our new Medical Director, Dr Donald Catino, for Sullivan County Health Care residents and their families. We had a wonderful response from all who attended and Dr Catino has acquired several new patients. We would like to extend a very BIG thank-you to Ron McPhall and the Dietary Department for a great job on the refreshments for the evening.


Sullivan County Health Care had a display at the Claremont Home Show the weekend of March 17<sup>th</sup> and 18<sup>th</sup>. I would like to extend my gratitude to Brenda Temple for a fabulous job on our booth. We had many compliments on the professionalism displayed by our booth and we were able to explain to countless residents of Sullivan County the increased services that we now provide. We were also able to represent our facility to perspective employees and hopefully the Human Resources Department will be receiving some follow-up calls. Sandy Alley from Claremont was the raffle winner of the lovely bath items gift set. Thank-you to Betsy Braginetz for obtaining the gift set for us. I would also like to thank Stevens High School students Bristol Temple and Rebecca Matson for donating their community service time to us and assisted with setting up and breaking down the display.

The Admissions/Marketing Department will be sponsoring a "Health Care Networking Breakfast" on Thursday, April 19<sup>th</sup> from 8-9:30 am in the Ahern Building. This gives local health care professionals a chance to meet the clinical team at Sullivan County Health Care and to tour the facility of which we are all so proud!

Dr Catino will be the guest speaker at the April meeting of Senior Advocates of Sullivan County on Monday April 23<sup>rd</sup> at 10:00 am. The location of the meeting is the Community Transportation Services building (next to Connecticut Valley Home Care) in New-  
port.



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*"To catch the  
reader's attention,  
place an interesting  
sentence or quote  
from the story here."*





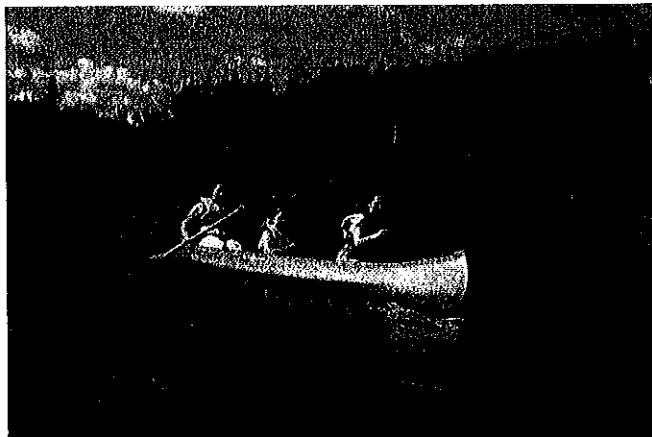
## Time to Sign Up for Summer Camp



March arrived like a lion, but that doesn't mean you shouldn't start thinking about what summer camp your children want to attend.

With two locations, one in Bear Brook State Park in Allenstown and the other in the White Mountain National Forest, children (ages 6-17) from across the state have some exciting opportunities for 2007. They can choose from a variety of programs, ranging from a three-night stay up to three weeks if they want.

Bear Hill Camp, in Bear Brook State Park, offers *Mini Camp*, *Traditional Overnight*, *Leaders-in-Training Programs* and *Mentor Programs*, as well as the *Teen Adventure Series*. Teen Adventurers enjoy all the traditional camp favorites, but explore opportunities related to specific areas of interest.



Teens interested in the *Teen Adventure Series* may choose between **The Healthy Athlete** (sports conditioning and a Red Sox game), **Island Adventure I** (natural history of the Isles of Shoals, including a two-night stay on the island), **Island Adventure II** (marine biology and oceanography, including a two-night stay on the Isle of Shoals), **Baaaa Hill** (learn to pack and trek with a goat, visit the Stratham Fair), **Take to the Skies** (explore aviation and space, visit Pease Air National Guard and try the flight simulator), and **NH Expedition** (see what New Hampshire has to offer, including a canopy zip line adventure at Alpine Adventures in Lincoln).

Barry Conservation Camp, located in the White Mountain National Forest, is run in conjunction with the NH Fish & Game Department. Attend the *Let's Go Fishing Program*, *Hunter Safety & Certification*, *Walk on the Wild Side*, or *Advanced Shooting Sports* weeks.

To learn more or to register, visit our website at [www.extension.unh.edu](http://www.extension.unh.edu). You can also call (603) 862-2184. Both UNH 4-H camps are accredited by the American Camp Association and operated by the 4-H Youth Development program of UNH Cooperative Extension.

Some scholarship assistance is available through the Sullivan County 4-H Foundation. Contact Robin Luther at (603) 863-9200 for an application or more information.



UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

# Health Rocks!

## Teen and adult teams helping youth make healthy choices

### "Youth for a Tobacco-Free Tomorrow"

If you are a teen or adult who would like to learn how to help young people make good decisions, then mark your calendar for April 19 and 20! A free training workshop will be held at Disnard School in Claremont. We will even pay teens \$20 to attend the two-day workshop!

Teens and adult mentors will be trained in this easy-to-use experiential curriculum so they can teach decision-making skills to 8-12 year olds in after-school settings. Groups of teens will be paid to go into after-school programs in their town to facilitate one-hour modules to help younger students learn critical thinking skills, how to manage stress, how to handle peer pressure and how to communicate effectively. Special emphasis is given to tobacco use prevention.

Personal social skills and competencies help youth become more resistant to substance use. Ultimately, we want children who are already forming their opinions about tobacco, alcohol, and drugs to take healthy control of these choices so that they will resist pressures from peers, stress or other emotional factors.

We need teens who are 8<sup>th</sup> grade or older and who are committed to being good role models for younger students. We need adult mentors to work with these teens to help them get ready to teach six modules in May and early June (once a week for about an hour in an after-school program). We will set up the after-school program and get the kids registered. We will pay teens \$20 for each session they facilitate.

If this sounds like fun, go to <http://extension.unh.edu/Counties/Sullivan/Docs/07hthrks.pdf> for a registration brochure, or call Nancy Berry or Gail Kennedy at 863-9200 or email them at either [nancy.berry@unh.edu](mailto:nancy.berry@unh.edu) or [gail.kennedy@unh.edu](mailto:gail.kennedy@unh.edu).

UNH Cooperative Extension is an equal opportunity educator and employer.  
University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

## Commissioner's Office Calendar of Events

SULLIVAN  
COUNTY

"All day, every day we make  
life better"



Sullivan County  
5 Nursing Home Drive  
Unity, New Hampshire 03743  
Phone: 603-542-9511 ext 268  
Fax: 603-542-9214  
Email: samp@sullivancountynh.gov

**Mon, Apr. 2 - Friday, Apr. 6** - Commissioners & Executive Finance Committee members meet to review the FY 08 County budget submitted by the County Manager.

**Tue, Apr. 3 - Board of Commissioners meeting.** Time: 3 PM. Place: Newport - Commissioners Conference Room.

**Fri, Apr. 6 - FY 08 County Grant Applicant Interviews.** Time: All day. Place: Newport - Commissioners Conference Room.

**Tue, Apr. 10 - Sullivan County Criminal Justice Coordinating Committee Meeting.** Time: 4 PM. Place: Newport - 3rd Floor Probate Court Room.

**Thu, Apr. 12 - United Way of Sullivan County Community Mobility Program Meeting.** Time: 9 AM. Place: Claremont Savings Bank Community Room in Claremont.

**Tue, Apr. 17 - Board of Commissioners meeting.** Time: 3 PM. Place: Unity - Ahern Building.

**Thu, Apr. 19 - Greater Sullivan County All Health Hazards Region Committee Meeting.** Time: 9:30 AM. Place: Newport - Jury Assembly Room.

**Thu, Apr. 19 - Sullivan County Community Coalition Meeting.** Time: 3:30 PM. Place: Newport Library.

**Mon, Apr. 23 - S.C. Delegation Special Meeting.** Criminal Justice System/DOC Facility Needs Assessment Update. Time: 10 AM. Place: Ahern Building.

**Mon, Apr. 30 - Karna William's last day at work. We'll miss you Karna!**

**Tue, May. 1 - Board of Commissioners meeting.** Time: 3 PM. Place: Newport - Commissioners Conference Room.

**Tue, May 15 - Board of Commissioners meeting.** Time: 3 PM. Place: Unity - Sullivan County Health Care, 1st Floor Activities Room.

**Thu, May 17 - Greater Sullivan County All Health Hazards Region Committee Meeting.** Time: 9:30 AM. Place: TBA.

**Thu, May 17 - Sullivan County Community Coalition Meeting.** Time: 3:30 PM. Place: Newport Library.

**Mon, May 28 - Memorial Day.** Newport County/State Complex closed.

**Wed, May 30 - United Way of Sullivan County Community Mobility Program Meeting.** Time: 9 AM. Place: Claremont Savings Bank Community Room in Claremont.

## Did you know???

Did you know that Sullivan County Health Care is a member of the Claremont Chamber of Commerce? Did you know that graduating seniors of Chamber members and their employees are eligible to apply for a Chamber scholarship? That means that any employee who has a graduating senior who is going on for higher education is eligible to apply for this scholarship. Please call the Claremont Chamber of Commerce at 543-1296 for further details.

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